

WESTPORT CENTER FOR SENIOR ACTIVITIES

FALL 2023

October, November,
December

COURSE CATALOG

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Westport, CT 06880

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www.westportct.gov/seniorcenter

Search us on Facebook by typing in:
Westport Senior Center or by
clicking:



Dear Friends,

We have had a wonderful summer at the WCSA and are looking forward to our fall semester! We are excited to share this upcoming semester's Course Catalog with you. For a description of the courses offered and more about our instructors, please visit the [Class Description and Instructor Biographies](http://www.westportct.gov/seniorcenter/class-description-and-instructor-biographies) [Fall 2023 Catalog](http://www.westportct.gov/seniorcenter/fall-2023-catalog) found on our website at www.westportct.gov/seniorcenter. As always, scholarships are available for Westport residents who qualify or are having financial difficulties and the application process is kept confidential.

If you have any questions about the registration process, please feel free to call the WCSA at (203) 341-5099 and our amazing team, Denise, Felicia, or Jenny, will be happy to answer any questions you may have. A special thank you to Holly and Jason for continuing to create a great selection of classes and events and to Paulina for keeping our ever-busy café running smoothly. As a reminder, our Special Programs Calendar comes out monthly, so be sure to watch for October's on September 14.

I can be reached at wpetty@westportct.gov or by phone at (203) 341-5098 if you have any questions or concerns that you would like to share with me. Wishing you a wonderful fall semester and we look forward to seeing you soon!

Wendy Petty, Director

Westport Center for Senior Activities



REGISTRATION – FALL 2023

Registration for the Fall Quarter (October through December) will begin for Westport residents on Monday, September 11. Out-of-town registration will begin on Monday, September 18.

On the following pages, you will see a list of classes offered and their locations. Some classes will be offered in-house and hybrid, while others will be listed as Zoom only. Registration (please see instructions below) is available online at [MyActiveCenter.com](https://www.westportct.gov/seniorcenter), by calling the WCSA at (203) 341-5099, Monday – Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration form and check. Registration forms dropped off at the WCSA will be processed in the order they are received. **Changing or switching classes will not be allowed after the second class has met.** A 2023 Waiver is required for participating in any class and can be found on our [website](https://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarship requests for Westport residents are available at the front desk. All scholarship inquiries will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at (203) 341-5099.**

How to Register for Programs Online

WCSA Phone Directory

Main Number: (203) 341-5099
(answering machine after-hours)

Wendy Petty, Director:
(203) 341-5098

Holly Betts, RD, Assistant Director: (203) 341-5096

Jason Wilson, Program Specialist: (203) 341-1066

Paulina Przybysz, Nutrition Program and Hello Neighbor Coordinator: (203) 341-5097

Kaila Morgan, Social Worker:
(203) 341-1068

Denise Puskas, Administrative Assistant: (203) 341-5095

Felicia Smith, Administrative Assistant: (203) 341-5099

Jenny Townsend, Staff Support:
(203) 341-5099

MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. Each participant of the WCSA will be issued their own login ID/key tag number. If you register online, you will pay for your classes and programs with a credit card. There is a convenience fee of 3.05% to use a credit card. **To obtain your MyActiveCenter login ID/key tag number, please contact Felicia Smith, Administrative Assistant, by email at: FSmith@westportct.gov or by phone at (203) 341-5099.** The link for MyActiveCenter is [MyActiveCenter.com](https://www.westportct.gov/seniorcenter).

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NEW CLASSES AND PROGRAMS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Farm to Table Art

Monday, October 2 through October 30

We will create fun images in graphite, pastels and watercolors of roosters, chickens, goats, pumpkins, corns etc. No experience necessary. Participants supply their own materials. See art supply list for supplies.

Instructor: Maj Kalfus. Time: 10:00 AM to 12:00 PM. Cost: \$20.00.

Traditional Origami

Monday, October 2 through October 30

Nor Smitobol will be teaching a class in traditional origami. He will start with the basic folding and sculpting techniques. Once you master the basic folds, he will assist you on more advanced projects.

Instructor: Nor Smitobol. Time: 10:00 AM to 12:00 PM. Cost: \$10.00.

Understanding Perspective

Wednesday, October 4 through October 25

Do you want to create more depth and structure in your drawings or paintings? Have you tried drawing in perspective before, but "don't get it"? Understanding perspective is a critical skill in creating landscapes, still lifes and interiors that feel "right". In this four-session course, your instructor, Penny Pearlman, will show you how to apply one- and two-point perspective in your artwork through a series of tutorials, observation and drawing exercises. See art supply list for supplies.

Instructor: Penny Pearlman. Time: 10:30 AM to 12:00 PM. Cost: \$20.00.

Tech-Fit Strength and Core (Formerly Kinima Fit)

Monday, October 2 through December 11

The Tech-Fit program is designed to build strength, increase flexibility, and strengthen abdominal and back muscles to stabilize the trunk or core. By supporting the core and increasing flexibility, we can reduce the risk of falls for the participants. This program will use videos which will be shown on a large screen while the participants follow along, and live instruction by Patty Kondub to teach the different types of exercises that are designed to strengthen the core and increase flexibility. This program is funded through a grant from the Southwestern Connecticut Agency on Aging (SWCAA). All older persons (60 or over) are eligible for services under the approved program. Donations are accepted. *Exercise level: moderate.*

Instructor: Patty Kondub. Time: 10:00 to 11:00 AM.

Play Mahjong on Mondays!

Monday, October 2 through December 18

In response to the increased popularity of Mahjong, the WCSA will have designated tables in the café available for groups who wish to play Mahjong on Mondays. **You must create your own group!** Please note: This program is not instructional and you must register to play. Limit: 24 players.

Time: 1:30 to 4:15 PM.



NEW CLASSES AND PROGRAMS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Beginner Mahjong

Monday, October 2 through December 18

Mahjong is an ancient Chinese tile-based game. Learn how to play this exciting and challenging game that requires strategy, memory and quick decision-making. This class is for those with little or no knowledge of the game or for those individuals looking to form a group and would like minimal instruction.

Instructor: Shelley Moll. Time: 1:45 to 3:15 PM. Cost: \$55.00.

Cardio Drumming

Monday, October 2 through December 18

Cardio drumming is a 45-minute exercise class that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to up-beat music. *Exercise level: moderate.*

Instructor: Jill Franke. Time: 2:30 to 3:15 PM. Cost: \$55.00.

How to Write Your Memoir

Tuesday, October 3 through November 7

Join Author Jill Amadio for a course on how to write a memoir. Topics include where to begin, how to trigger memories, the use of descriptive language, editing, polishing and finally, how to publish.

Instructor: Jill Amadio. Time: 10:00 to 11:00 AM. Cost: \$30.00.

Fit and Fun!

Thursday, October 5 through December 14

Join Patty Kondub for 45 minutes of fun fitness exercises. Who says you can't have it all? Join Fit and Fun to raise your heart rate, challenge your hand-eye coordination and reaction time, and strengthen your legs, arms, and core with sitting and standing drills...all while having fun! Each class includes 15 minutes of cardio drumming to music. *Exercise level: moderate.*

Instructor: Patty Kondub. Time: 9:30 to 10:30 AM. Cost: \$50.00.

Bridge for True Beginners

Monday, October 16 through December 4

This class is for those who want to learn to play bridge and have little or no experience. The required text for this class is ***"Knack Bridge for Everyone"*** by D. Crisfield. **Book cost: \$23.00.** (ISBN-13 9781599216157). If you wish to order a book through the WCSA, please do so no later than Wednesday, September 27.

Instructor: Diana Sussman. Time: 11:30 AM to 1:00 PM. Cost: \$40.00.

NEW CLASSES AND PROGRAMS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Bridge, Level 2.0

Monday, October 16 through December 4

This class is a continuation of Bridge, Part 4. The required text for this class is ***"Knack Bridge for Everyone"*** by D. Crisfield. **Book cost: \$23.00.** (ISBN-13 9781599216157). If you wish to order a book through the WCSA, please do so no later than Wednesday, September 27.

Instructor: Diana Sussman. Time: 1:30 to 3:00 PM. Cost: \$40.00.

Y's Men 20th Annual Photo Contest Drop-Off

Monday, October 16 through November 6

The Y's Men Camera Club and the WCSA will be co-sponsoring a photo contest open to Y's men, their spouses, and WCSA participants. Entrants should classify images into one of the following categories: Landscape, Waterscape, Architectural, Human Portrait, Nature, Critter, General, Black & White, and Action/Motion. Photos will be judged, and the award-winning images will be announced at the photo gala on **Friday, November 17, from 4:00 to 5:30 PM**. Application forms are available on the Y's Men's website and at the WCSA. All entries should be dropped off at the WCSA during operating hours. For contest rules and application, please click [here](https://ysmenwestportweston.org/activities-list/camera-club) (<https://ysmenwestportweston.org/activities-list/camera-club>). If you have further questions, please email Hal Foodman at: hfoodman@gmail.com.

Working with Oil Pastels

Wednesday, November 1 through December 13

Oil pastels are a unique and versatile medium that fall halfway between being a tool for drawing and painting. Although you draw with oil pastels, the end result is like a painting without the mess of oil painting! We'll be working with water soluble oil pastels. Each class will begin with a brief tutorial where instructor Penny Pearlman will demonstrate techniques for creating different painterly effects with oil pastels that will keep your creativity flowing! See art supply list for supplies.

Instructor: Penny Pearlman. Time: 10:30 AM to 12:00 PM. Cost: \$25.00.

Painting Realism from Start to Finish with Cindy Wagner

Wednesday, November 1 through December 20

Each session will begin with a short demo as Cindy shows the progress of a painting from start to finish. This course will begin with instruction in design and lighting for a successful painting. It will continue with the draw-in phase to start the painting. Students will then learn to apply paints in layers to build the painting to a finish with each additional layer of paint. Students will learn to see and interpret value and color relationships, how to interpret reference material, methods to mix the correct color and value of paint, brush stroke and various ways to apply paint. All levels of painting skills are welcome. Students may work from a photograph of a landscape, portrait or still life or students may set up their own still life and work from life. Oil paint or acrylic paint may be used. Please see supply list for the medium of your choice (acrylic or oil paints).

Instructor: Cindy Wagner. Time: 1:30 to 3:30 PM. Cost: \$35.00.

DISCUSSION GROUPS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Current Events Discussion Group

Tuesday, October 3 through December 19

Facilitators Jon Fox and Marcia Goldstein lead a dynamic, interactive discussion on issues internationally and domestically. Bring your interest and knowledge of present-day world news and events.

Facilitators: Jon Fox and Marcia Goldstein. Time: 10:15 to 11:45 AM.

Just for Men Discussion Group

Thursday, October 12, November 16*, December 14*

Join this casual men's chat group in person and on Zoom. The group meets to discuss issues or challenges men may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.

Facilitator: Dr. Paul Epstein. Time: 1:00 to 2:00 PM. *An asterisk indicates these dates are on Zoom.

Shakespeare Discussion Group

Monday, October 16, November 13, December 11

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Timon of Athens*, *The Sonnets* and *Taming of the Shrew*. Shakespeare Scholar Diane Lowman will lead everyone in a spirited group exploration. Participants are asked to bring their own copy of each play to the class. *Please note: This is not a lecture series; participants should have at least some familiarity with each play.*

Instructor: Diane Lowman. Time: 10:30 AM to 12:00 PM. Cost: \$15.00.

Just for Women Discussion Group

Thursday, October 19, November 16, December 21

Join this casual women's chat group in person. The group meets to discuss issues or challenges women may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.

Facilitator: Sandy Dressler-Berman. Time: 2:00 to 3:00 PM.

Hard Times: Leadership in the U.S. Discussion Group

Thursday, November 16 through December 21

This course will explore the complexities and confusions of leadership and followership in 21st century America. It will be about general and political leadership in business, education and religion, in the media and the military. To understand how we got to where we are, our group will consider, among other topics, American history, ideology, and technology. All registrants should be reasonably well-informed about domestic political events. The class is suitable to any interested lay person.

Facilitator: Barbara Kellerman. Time: 11:00 AM to 12:15 PM.

FESTIVE MEALS AT THE WCSA!

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Octoberfest Luncheon **Friday, October 6**

Join us for our Octoberfest luncheon! Chef Luis from Creative Culinary will be preparing brat-wurst, red cabbage, German potato salad and apple crisp for dessert. Enjoy German folk music from Bavaria during lunch.

Time: 12:00 to 1:00 PM. Cost: Suggested donation of \$5.00 to \$7.00. Space is limited!

Thanksgiving Luncheon **Tuesday, November 21**

Join us for our annual Thanksgiving luncheon! Chef Luis from Creative Culinary will prepare a traditional Thanksgiving meal featuring roast turkey with gravy, sweet potatoes, peas, cranberry sauce and pumpkin pie for dessert. Entertainment provided by pianist Dr. Irwin Lebish.

Time: First seating will be from 11:30 AM to 12:30 PM. Second seating will be from 1:00 to 2:00 PM. Space is limited to 50 guests per seating. Please register in advance!

Cost: Suggested donation of \$5.00 to \$7.00.

Hanukkah Luncheon **Friday, December 8**

Join us for our Hanukkah luncheon! Chef Luis from Creative Culinary will prepare beef brisket, potato pancakes, glazed carrots and noodle kugel for dessert. Music provided by Cantor Jessica Silverberg from TCS.

Time: First seating will be from 11:30 AM to 12:30 PM. Second seating will be from 1:00 to 2:00 PM. Space is limited to 50 guests per seating. Please register in advance!

Christmas Luncheon **Tuesday, December 19**

Join us for our Christmas luncheon! Chef Luis from Creative Culinary will be preparing champagne chicken, rice pilaf, sautéed spinach and cheesecake for dessert. Entertainment provided by Chris Coogan and The Hoot Owls.

Time: First seating will be from 11:30 AM to 12:30 PM. Second seating will be from 1:00 to 2:00 PM. Space is limited to 50 guests per seating. Please register in advance!

Cost: Suggested donation of \$5.00 to \$7.00.



WEEKLY PROGRAMS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.



BINGO

Join volunteer **Doug Brill** for in-house BINGO **every Thursday from 1:15 to 3:00 PM**. The cost is .05 cents per card, per game. Please remember to bring your nickels!

Channel 79 – Exercise with Patty Kondub!

Join Patty on Westport's Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music including chair, standing and posture exercises, balance, brain-building and memory games. Weights or a pillow may be required. **Fridays from 10:00 to 11:00 AM**. Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out-of-town seniors can watch Patty's program on the Westport Town [website](https://bit.ly/3B6NBle) (<https://bit.ly/3B6NBle>) on **Fridays at 10:00 AM**.

Free Documentaries

The current month's documentaries can be found in our weekly email newsletter and in the flyer rack at the WCSA. **Each documentary starts at 2:30 PM on Wednesdays.**

Open Craft

Wednesday, October 4 through December 20

Bring your new, unfinished or ongoing needlepoint, embroidery, crochet, knit, quilt, rug hooking or other craft and join **Jean Handy and Susan Battersby** for some conversation and fun.

Time: 1:00 to 3:00 PM.



Open Art

The WCSA's art rooms will be available for artists to work on their projects and collaborate with others. **Please see schedule posted on the art room doors for availability. Pre-registration is required for Open Art.**

Tech Help

Local students are available afternoons to assist with your device questions, such as signing in, password reset, and downloading and uploading files. Bring your laptop, tablet, or phone!

Please call the WCSA at (203) 341-5099 to schedule an appointment.

HEALTH AND WELLNESS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Ask the Nurse and Blood Pressure Screening

Tuesday, October 10 and 24, November 14 and 28, December 12

A registered nurse from Waveny Visiting Nurse and Hospice will be at the WCSA for free blood pressure and depression screenings, as well as, medication management. The nurse will also be available to answer any questions you may have.

Time: 9:30 to 11:00 AM.

Aspetuck Health District Flu Clinic at the WCSA

Thursday, October 19

The Aspetuck Health District continues its 30 + year tradition of offering flu clinic vaccinations administered by experienced nurses. Studies have shown that the high-dose vaccine is safe and more effective than the standard-dose vaccine for age 65+, although both are being offered.

You can read more about the high-dose flu vaccine [here](#). **This clinic is by appointment only!**

Please contact the Aspetuck Health District at 203-227-9571 to make an appointment.

Time: 12:30 to 2:30 PM. The Aspetuck Health District accepts Aetna, Cigna, Connecticare, and Medicare B. Those not covered, will be charged. Cost to be determined.

Caregiver Support Group

Wednesday, October 4 and 18, November 1, 15 and 29, December 6 and 20

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A., will lead the group **in-house** and on Zoom. Terry's professional experiences include casework and administrative positions in Westport and Fairfield's Departments of Human Services. This support group is offered through a grant from the Southwestern Connecticut Agency on Aging (SWCAA). **Please contact Assistant Director Holly Betts at**

203-341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM.

Early Onset Alzheimer's Support Group

Tuesday, October 10, November 14 and December 12

The purpose of early-stage support groups is to provide a safe and supportive environment for peers and their care partners in the early stages of Alzheimer's disease or related dementia. This group offers dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of this disease. "Early stage" refers to people of any age with Alzheimer's disease or other dementia who are in the beginning stage of the disease. Please note: This program is not for caregivers. **To register, please contact**

Amanda Lamb-Moretti, LMSW, at 860-383-2667 or her work cell at 475-222-7377.

Facilitator: Heather Gately. Time: 11:00 AM to 12:00 PM.

HEALTH AND WELLNESS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Hearing Screenings with Alex Wolfe

Wednesday, October 11, November 8, and December 13

A.A. Hearing Aid Center provides free hearing screenings and hearing aid care once a month at the WCSA. Alex is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon. To make an appointment for any of these services, please call the WCSA at (203) 341-5099.**

Just for Men Discussion Group

Thursday, October 12, November 16*, December 14*

Join this casual men's chat group in person and on Zoom. The group meets to discuss issues or challenges men may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.

Facilitator: Dr. Paul Epstein. Time: 1:00 to 2:00 PM. *An asterisk indicates these dates are on Zoom.

Just for Women Discussion Group

Thursday, October 19, November 16, December 21

Join this casual women's chat group in person. The group meets to discuss issues or challenges women may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.

Facilitator: Sandy Dressler-Berman. Time: 2:00 to 3:00 PM.

Letting Go of Stress

Wednesday, October 4, November 1, December 6

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques, including mindfulness, breathing, and guided imagery, to experience a state of deep relaxation.

Facilitator: Diane Lowman. Time: 1:30 to 2:30 PM.

Mindfulness: Be Here Now

Thursday, October 5 through October 26

Attain peace, health, and happiness through mindfulness meditation. How to OY without the Vey! Transform stress, pain, and illness into a journey of self-healing and awakening.

Facilitator: Dr. Paul Epstein. Time: 11:00 AM to 12:00 PM.



HEALTH AND WELLNESS

Optimism Walk for Parkinson's Disease at Sherwood Island State Park Saturday, September 30

Each APDA Optimism Walk is an important and fun-filled fundraising event that offers a short, non-competitive walk offering family-friendly activities, music, vendor tables, and much more! The Fairfield County Connecticut Optimism Walk is part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's Disease. (Participants can walk as much or as little as they choose.) To register with WCSA's Team "Stand By Me", please click here: Together we will help Connecticut families living with Parkinson's Disease. **Date:** Saturday Sept. 30: **Time: 10:00 AM – Registration & Pre-Event; 11:00 AM – Walk.** To register or donate, please click this link: [APDA CT 2023 Optimism Walk - Westport \(qgiv.com\)](https://www.qgiv.com/apda-ct-2023-optimism-walk-westport)

Alzheimer's Walk at Calf Pasture Beach Sunday, October 8

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. For the fifth year, the WCSA is sponsoring Team "Reality Check!" You can get involved by joining our team and walking on **October 8**, or you can donate to Team "Reality Check" to show your support. To register or donate, click this link: [act.ALZ.org/goto/RealityCheckWestport](https://act.alz.org/goto/RealityCheckWestport).

Time: 8:30 AM - Registration, 10:00 AM - Ceremony, and 10:30 AM - Walk.

The WCSA will be closed on the following dates:

Columbus Day: Monday, October 9

Veteran's Day: Friday, November 10

Thanksgiving Day: Thursday, November 23

Day After Thanksgiving: Friday, November 24

Christmas Eve (observed): Friday, December 22

Christmas Day: Monday, December 25

New Year's Eve (observed): Friday, December 29

New Year's Day: Monday, January 1



Please note: there will be no classes December 26 through 28, but lunch will be served!

PARKINSON'S PROGRAMS

Caregiver Support Group

Wednesday, October 4 and 18, November 1, 15 and 29, December 6 and 20

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A., will lead the group in-house and on Zoom. Terry's professional experiences include casework and administrative positions in Westport and Fairfield's Departments of Human Services. This support group is offered through a grant from the Southwestern Connecticut Agency on Aging (SWCAA). **Please contact Assistant Director Holly Betts at (203) 341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM.**

Boxing for Parkinson's Disease

Thursday, October 5 through December 21

This exercise class is designed for people who have been diagnosed with Parkinson's disease. Intense and high-energy workouts appear to dramatically improve physical health, daily functioning, and quality of life. You'll work with medicine balls and agility ladders and learn different boxing techniques. Participants may be required to bring a spotter with them. Hand wraps may be purchased for \$13.00 each. Exercise level: Moderate.

Instructor: Dan Lewis. Time: 2:00 to 3:00 PM. Cost: \$55.00.

Parkinson's Fitness

This class will meet every Wednesday from 10:15 to 11:00 AM, except for the fourth Wednesday of the month when the Parkinson's Support Group meets. Instructor Ruth Sherman will lead the exercise class through balance, stretch, and weight-bearing exercises. Exercise level: Moderate.

Instructor: Ruth Sherman. Time: 10:15 to 11:00 AM.

Parkinson's Disease Support Group

Wednesday, October 25, November 29, December 20

This group will share challenges, techniques, support, and knowledge on Parkinson's disease. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome.

Facilitator: Diane Bosch, RN. Time: 10:15 to 11:00 AM.

Parkinson's Support Group Virtual Lecture: Dr. Leon Meytin, Movement Disorder Specialist

Friday, October 20

The WCSA Parkinson's Support Group will host a virtual discussion with Movement Specialist Dr. Leon Meytin. Dr. Meytin will review the role of a movement disorder specialist and review medication management for people with Parkinson's Disease. Dr. Leon Meytin is affiliated with Hartford Healthcare Chase Family Movement Disorders Center. He received his medical degree from West Virginia University School of Medicine and has been in practice for nine years.

Time: 2:00 to 2:45pm.

TOWN OF WESTPORT DEPARTMENT OF HUMAN SERVICES

Did you know the WCSA is a division of Westport's Department of Human Services?

[CLICK HERE TO SEE OUR SENIOR RESOURCE DIRECTORY](#)

As a Town of Westport resident, you may be eligible for other programs and services offered through our Social Services hub at Town Hall, 110 Myrtle Avenue, Room 200.

To learn more about Human Services, **[click here](#)**, or call (203) 341-1165.

You may also "Ask Kaila" while you are at the WCSA!

Kaila Morgan, LMSW, has office hours at the WCSA on Tuesdays and Thursdays from 8:30 AM to 4:00 PM. Call (203) 341-1068 or email kmorgan@westportct.gov.

Westport Human Services' Social Services Team is also available by appointment at Town Hall, offering:

short-term counseling; application assistance; information about **[Senior programs](#)** including state, federal, and community resources including: **[Renter's Rebate](#)**, **[State and Local Tax Relief](#)**, **[Tax Filing Assistance](#)**, food and **[Financial Assistance](#)**, Homecare, **[Transportation](#)**, and **[Emergency Preparedness](#)**.

SEPTEMBER THROUGH MAY: Energy/Home Heating Application Assistance – details to follow.



October 15 through December 7: Open Enrollment - Medicare and Supplemental Plans

CHOICES—certified counselors are available to assist seniors in reviewing current healthcare coverage to help determine the best plan to fit individual needs. Westport residents, to make an appointment, please call (203) 341-5099.

Be prepared for weather emergencies! Check out our registry **[here](#)**!

Non-Westport residents contact **[Southwestern Connecticut Agency on Aging](#)** at (203) 814-3698.

CLASS LIST FOR FALL 2023

The WCSA is pleased to offer classes on Zoom, hybrid and in-person! To register for any of the classes listed below, we offer online registration at www.MyActiveCenter.com or call us at (203) 341-5099 during business hours, M-F, 8:30 AM to 4:30 PM. Class descriptions are available on the WCSA website: (www.westportct.gov/seniorcenter).

| The Arts Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|---|------|----------------------------------|---|----------|-------------------|-------------|---------------------------|
| 3-D Origami Wednesday, 10:00 AM to Noon | \$10 | Nor Smitobol | 10/4-10/25 | In-house | 4 | 10 | |
| Abstract Art Monday, 1:30 to 3:30 PM | \$55 | Althea Ericsson | 10/2-12/18 | In-house | 11 | 12 | 10/9 |
| Creating Your Own Artistic Vision Thursday, 1:00 to 3:00 PM | \$55 | Chris Goldbach | 10/5-12/21 | Zoom | 11 | 20 | 11/23 |
| Drawing From Nature Tuesday, 1:00 to 3:00 PM | \$50 | Dick Rauh | 10/10-12/19 | Zoom | 10 | 18 | 11/7 |
| Drawing, Mixed Levels Thursday, 4:00 to 6:00 PM | \$55 | Chris Goldbach | 10/5-12/21 | Zoom | 11 | 20 | 11/23 |
| Farm to Table Art Monday, 10:00 AM to Noon | \$20 | Maj Kalfus | 10/2-10/30 | In-house | 4 | 12 | 10/9 |
| Generative Writing Monday, 1:00 to 3:00 PM | \$40 | Diane Lowman | 10/16-12/4 | In-house | 8 | 10 | |
| How to Write Your Memoir Tuesday, 10:00 to 11:00 AM | \$30 | Jill Amadio | 10/3-11/7 | In-house | 6 | 12 | |
| Intermediate & Advanced Watercolor Wednesday, 1:30 to 3:00 PM | \$20 | Kathleen Burke | 10/4-10/25 | In-house | 4 | 10 | |
| Open Craft Wednesday, 1:00 to 3:00 PM | \$0 | Jean Handy/Susan Battersby | 10/4-12/20 | In-house | 11 | 8 | 11/22 |
| Mastering the Medium of Your Choice Friday, 1:30 to 3:30 PM | \$35 | Linda McKie- McClellan | 10/13-12/15 | In-house | 7 | 12 | 10/20, 11/10, 11/24 |
| Open Art *See monthly schedule | \$0 | No Instruction | 10/2-12/21 | In-house | | 10 | 10/9, 11/23, 11/24 |
| Painting Realism Wednesday, 1:30 to 3:30 PM | \$35 | Cindy Wagner | 11/1-12/20 | In-house | 7 | 12 | 11/22 |
| Sing-Along with Holly Thursday, 11:15 AM to Noon | \$0 | Holly Betts | 10/12, 10/26, 11/9, 11/30, 12/7, 12/21 | In-house | 6 | 14 | 11/23 |

CLASS LIST FOR FALL 2023

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| The Arts Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|--|-------------|-------------------|--------------|-----------------|---------------------------|--------------------|--------------------------|
| Stained Glass Instruction Friday, 10:00 AM to Noon | \$10 | Nor Smitobol | 10/6-10/27 | In-house | 4 | 10 | |
| Traditional Origami Monday, 10:00 AM to Noon | \$10 | Nor Smitobol | 10/2-10/30 | In-house | 4 | 10 | 10/9 |
| Ukulele, Intermediate Level Tuesday, 12:30 to 1:30 PM | \$60 | Uncle Zac | 10/3-12/19 | In-house | 12 | 10 | |
| Understanding Perspective Wednesday, 10:30 AM to Noon | \$20 | Penny Pearlman | 10/4-10/25 | In-house | 4 | 12 | |
| Working with Oil Pastels Wednesday, 10:30 AM to Noon | \$25 | Penny Pearlman | 11/1-12/13 | In-house | 5 | 12 | 11/15, 11/22 |

| Discussion Groups Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|--|-------------|-------------------|------------------------|-----------------|---------------------------|--------------------|--------------------------|
| Current Events Tuesday, 10:15 to 11:45 AM | \$0 | Jon Fox | 10/3-12/19 | In-house | 12 | 25 | |
| Hard Times: Leadership in the US Thursday, 11:00 AM to 12:15 PM | \$0 | Barbara Kellerman | 11/16-12/21 | In-house | 5 | 24 | 11/23 |
| Shakespeare Discussion Group Monday, 10:30 AM to Noon | \$15 | Diane Lowman | 10/16, 11/13, 12/11 | In-house | 3 | 12 | |

| Exercise Classes Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|---|-------------|-------------------|--------------|-----------------|---------------------------|--------------------|--------------------------|
| Boxing Tuesday, 2:00 to 3:00 PM | \$60 | Dan Lewis | 10/3-12/19 | In-house | 12 | 10 | |
| Boxing Tuesday, 3:00 to 4:00 PM | \$60 | Dan Lewis | 10/3-12/19 | In-house | 12 | 10 | |
| Boxing for Parkinson's Thursday, 2:00 to 3:00 PM | \$55 | Dan Lewis | 10/5-12/21 | In-house | 11 | 10 | 11/23 |
| Cardio Drumming Monday, 2:30 to 3:15 PM | \$55 | Jill Franke | 10/2-12/18 | In-house | 11 | 16 | 10/9 |
| Cardio Strength Friday, 9:30 to 10:30 AM | \$35 | Shelley Moll | 10/6-12/15 | Hybrid | 7 | 30 In-house | 11/10, 11/24 |

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| Exercise Classes Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|--|------|--------------------------------------|------------|----------|-------------------|----------------|------------------|
| Chair Aerobics Tuesday, 9:30 to 10:15 AM | \$36 | Shelley Moll | 10/3-12/19 | In-house | 12 | 35 | |
| Chair Aerobics Thursday, 9:30 to 10:15 AM | \$33 | Shelley Moll | 10/5-12/21 | In-house | 11 | 35 | 11/23 |
| Dance & Stretch Tuesday, 1:00 to 2:00 PM | \$60 | Kristine Bingham | 10/3-12/19 | In-house | 12 | 14 | |
| Enhancing Your Balance Tuesday, 11:15 AM to 12:15 PM | \$60 | Paula Pastorelli- Schooler, RN | 10/3-12/19 | In-house | 12 | 18 | |
| Essentrics, Gentle Stretch Monday, 11:30 AM to 12:30 PM | \$55 | Dyan DeCastro | 10/2-12/18 | Hybrid | 11 | 14 In-house | 10/9 |
| Exercise for Body Awareness Wednesday, 1:00 to 2:00 PM | \$0 | Ruth Winnick | 10/4-12/20 | In-house | 11 | 12 | 11/22 |
| Fit and Fun Thursday, 9:30 to 10:30 AM | \$50 | Patty Kondub | 10/5-12/14 | In-house | 10 | 14 | 11/23 |
| Fit Mix-Up Wednesday, 11:30 AM to 12:30 PM | \$55 | Shelley Moll | 10/4-12/20 | In-house | 11 | 12 | 10/11 |
| Functional Fitness Monday, 10:30 to 11:30 AM | \$55 | Shelley Moll | 10/2-12/18 | In-house | 11 | 10 | 10/9 |
| Functional Fitness Monday, 11:30 AM to 12:30 PM | \$55 | Shelley Moll | 10/2-12/18 | In-house | 11 | 10 | 10/9 |
| Functional Fitness Monday, 12:30 to 1:30 PM | \$55 | Shelley Moll | 10/2-12/18 | In-house | 11 | 10 | 10/9 |
| Functional Fitness Tuesday, 9:00 to 10:00 AM | \$60 | Judy Samuels | 10/3-12/19 | In-house | 12 | 10 | |
| Functional Fitness Tuesday, 11:00 AM to Noon | \$60 | Judy Samuels | 10/3-12/19 | In-house | 12 | 10 | |
| Functional Fitness Wednesday, 10:30 to 11:30 AM | \$60 | Shelley Moll | 10/4-12/20 | In-house | 12 | 10 | |
| Functional Fitness Wednesday, 12:30 to 1:30 PM | \$60 | Shelley Moll | 10/4-12/20 | In-house | 12 | 10 | |
| Functional Fitness Wednesday, 2:00 to 3:00 PM | \$60 | Karen Liss | 10/4-12/20 | In-house | 12 | 10 | |
| Functional Fitness Thursday, 8:45 to 9:45 AM | \$55 | Judy Samuels | 10/5-12/21 | In-house | 11 | 10 | 11/23 |

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| Exercise Classes Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|---|------|--------------------|------------|----------|-------------------|-------------|--------------------------|
| Functional Fitness Thursday, 10:00 to 11:00 AM | \$55 | Judy Samuels | 10/5-12/21 | In-house | 11 | 10 | 11/23 |
| Functional Fitness Thursday, 11:00 AM to Noon | \$55 | Judy Samuels | 10/5-12/21 | In-house | 11 | 10 | 11/23 |
| Functional Fitness Friday, 10:30 to 11:30 AM | \$45 | Shelley Moll | 10/6-12/15 | In-house | 9 | 10 | 11/10, 11/24 |
| Functional Fitness Friday, 12:30 to 1:30 PM | \$45 | Karen Liss | 10/6-12/15 | In-house | 9 | 10 | 11/10, 11/24 |
| Functional Fitness Friday, 1:30 to 2:30 PM | \$45 | Karen Liss | 10/6-12/15 | In-house | 9 | 10 | 11/10, 11/24 |
| Mind & Muscle (SWCAA) Wednesday, 1:00 to 2:00 PM | \$0 | Patty Kondub | 10/4-12/13 | In-house | 10 | 24 | 11/22 |
| Muscle & Tone Tuesday, 10:00 to 11:00 AM | \$60 | Judy Samuels | 10/3-12/19 | In-house | 12 | 12 | |
| Muscle & Tone Friday, 11:30 AM to 12:30 PM | \$45 | Karen Liss | 10/6-12/15 | In-house | 9 | 12 | 11/10, 11/24 |
| Open Gym Mon/Wed/Fri, 8:45 to 10:00 AM | \$25 | Staff/Dan Lewis | 10/2-12/20 | In-house | 33 | 24 | 10/9, 11/10, 11/24 |
| Parkinson's Fitness Wednesday, 10:15 to 11:00 AM | \$0 | Ruth Sherman | 10/4-12/13 | In-house | 9 | 24 | 10/25, 11/29 |
| Pilates Mat for Strength & Flexibility Monday, 2:15 to 3:15 PM | \$55 | Charlene Erwin | 10/2-12/18 | In-house | 11 | 18 | 10/9 |
| Pilates Mat for Strength & Flexibility Tuesday, 10:30 to 11:30 AM | \$60 | Charlene Erwin | 10/3-12/19 | In-house | 12 | 18 | |
| Pilates Mat for Strength & Flexibility Wednesday, 11:15 AM to 12:15 PM | \$55 | Charlene Erwin | 10/4-12/20 | In-house | 11 | 18 | 11/22 |
| Pilates Mat for Strength & Flexibility Thursday, 10:30 to 11:30 AM | \$55 | Charlene Erwin | 10/5-12/21 | In-house | 11 | 18 | 11/23 |
| Strength, Stretch & Core Monday, 2:00 to 3:00 PM | \$55 | Beth Dalen | 10/2-12/18 | In-house | 11 | 10 | 10/9 |
| Strength, Stretch & Core Thursday, 2:00 to 3:00 PM | \$55 | Beth Dalen | 10/5-12/21 | In-house | 11 | 10 | 11/23 |

CLASS LIST FOR FALL 2023

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| Exercise Classes Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|---|------|--------------------------------------|------------|----------|-------------------|----------------|------------------------------|
| Strength Training Monday, 1:00 to 2:00 PM | \$55 | Jill Franke | 10/2-12/18 | In-house | 11 | 10 | 10/9 |
| Strength Training Friday, 10:00 to 11:00 AM | \$45 | Debra Cardamone | 10/6-12/15 | In-house | 9 | 10 | 11/10, 11/24 |
| Tai Chi, Advanced Tuesday, 2:30 to 3:30 PM | \$60 | Mari Lewis | 10/3-12/19 | Hybrid | 12 | 10 In-house | |
| Tai Chi, Advanced Friday, 11:15 AM to 12:15 PM | \$45 | Mari Lewis | 10/6-12/15 | Hybrid | 9 | 12 In-house | 11/10, 11/24 |
| Tai Chi for Arthritis (SWCAA) Monday, 1:00 to 2:00 PM | \$0 | Tim Crager | 10/2-2/12 | In-house | 16 | 19 | 10/9, 12/25, 1/1, 1/15 |
| Tap Dancing Thursday, 1:00 to 2:00 PM | \$55 | Kristine Bingham | 10/5-12/21 | In-house | 11 | 12 | 11/23 |
| Tech-Fit Strength & Core (SWCAA) Monday, 10:00 to 11:00 AM | \$0 | Patty Kondub | 10/2-12/11 | In-house | 10 | 24 | 10/9 |
| Weights in Motion Monday, 9:30 to 10:30 AM | \$55 | Shelley Moll | 10/2-12/18 | Hybrid | 11 | 12 In-house | 10/9 |
| Yoga for Total Health Monday, 8:45 to 9:45 AM | \$55 | Denise O'Hearn | 10/2-12/18 | Hybrid | 11 | 24 In-house | 10/9 |
| Yoga for Total Health Wednesday, 8:45 to 9:45 AM | \$60 | Denise O'Hearn | 10/4-12/20 | Hybrid | 12 | 20 In-house | |
| Yoga for Total Health Friday, 8:45 to 9:45 AM | \$45 | Denise O'Hearn | 10/6-12/15 | Hybrid | 9 | 8 In-house | 11/10, 11/24 |
| Yoga for Well-Being Tuesday, 7:45 to 8:45 AM | \$60 | Paula Pastorelli- Schooler, RN | 10/3-12/19 | Hybrid | 12 | 12 In-house | |
| Zen Flow Wednesday, 9:30 to 10:30 AM | \$60 | Shelley Moll | 10/4-12/20 | Hybrid | 12 | 12 In-house | |
| Zumba Gold Wednesday, 10:30 to 11:30 am | \$60 | Karen Liss | 10/4-12/20 | In-house | 12 | 12 | |

| Games and French Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|------------------------------------|------|------------|------------|----------|-------------------|-------------|------------------|
| BINGO Thursday, 1:15 to 3:00 PM | \$0 | Doug Brill | 10/5-12/21 | In-house | 11 | 50 | 11/23 |

CLASS LIST FOR FALL 2023

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| Games and French Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|--|-------------|---------------------|--------------|-----------------|---------------------------|--------------------|--------------------------|
| Bridge for True Beginners Monday, 11:30 AM to 1:00 PM | \$40 | Diana Suss- man | 10/16-12/4 | In-house | 8 | 16 | |
| Bridge, Level 2.0 Monday, 1:30 to 3:00 PM | \$40 | Diana Suss- man | 10/16-12/4 | In-house | 8 | 16 | |
| Bridge, Intermediate Wednesday, 2:30 to 4:00 PM | \$40 | Michael Hess | 10/4-11/29 | In-house | 8 | 28 | 11/22 |
| French, Conversational Wednesday, 10:30 AM to Noon | \$60 | Nell Mednick | 10/4-12/20 | In-house | 12 | 10 | |
| French, Intermediate Wednesday, Noon to 1:30 PM | \$60 | Nell Mednick | 10/4-12/20 | In-house | 12 | 10 | |
| Beginner Mahjong Monday, 1:45 to 3:15 PM | \$55 | Shelley Moll | 10/2-12/18 | In-house | 11 | 16 | 10/9 |
| Play Mahjong on Mondays Monday, 1:30 to 4:15 PM | \$0 | No Instruc- tion | 10/2-12/18 | In-house | 11 | 24 | 10/9 |

| Health/Wellness Fall 2023 | Cost | Instructor | Dates | Location | Total Sessions | Class Limit | No Class Days |
|---|-------------|------------------------------|---|--------------------|---------------------------|--------------------|--------------------------|
| Caregiver Support Group (SWCAA) Wednesday, 10:00 to 11:00 AM | \$0 | Terry Giegengack | 10/4, 10/18, 11/1, 11/15, 11/29, 12/6, 12/20 | In-house/ Zoom | 7 | 15 | |
| Early Onset Alzheimer's Support Group Tuesday, 11:00 AM to Noon | \$0 | Heather Gately | 10/10, 11/14, 12/12 | In-house | 3 | 12 | |
| Just for Men Discussion Group Thursday, 1:00 to 2:00 PM (*2 dates are Zoom) | \$0 | Dr. Paul Epstein | 10/12, 11/16*, 12/14* | In-house/ *Zoom | 3 | 18 | |
| Just for Women Discussion Group Thursday, 2:00 to 3:00 PM | \$0 | Sandy Dressler- Berman | 10/19, 11/16, 12/21 | In-house | 3 | 15 | |
| Letting Go of Stress Wednesday, 1:30 to 2:30 PM | \$0 | Diane Lowman | 10/4, 11/1, 12/6 | In-house | 3 | 15 | |
| Mindfulness: Be Here Now Thursday, 11:00 AM to Noon | \$0 | Dr. Paul Epstein | 10/5-10/26 | In-house | 4 | 24 | |
| Parkinson's Support Group Wednesday, 10:15 to 11:00 AM | \$0 | Diane Bosch | 10/25, 11/29, 12/20 | In-house | 3 | 25 | |



Westport Center for Senior Activities

Registration Worksheet Fall 2023

Registration (please see instructions below) is available online at [MyActiveCenter.com](https://www.myactivecenter.com), by calling the WCSA at (203) 341-5099, Monday – Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration form and check. Registration forms dropped off at the WCSA will be processed in the order they are received. **Changing or switching classes will not be allowed after the second class has met.** A 2023 Waiver is required for participating in any class and can be found on our [website](https://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarship requests for Westport residents are available at the front desk. All scholarship inquiries will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at (203) 341-5099.**

| <u>Class</u> | <u>Day(s)</u> | <u>Time(s)</u> | <u>Instructor</u> | <u>Fee</u> |
|---------------------------|---------------|----------------|-------------------|------------|
| | | | | \$ |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| LATE FEE: | | | | |
| TOTAL PAYMENT DUE: | | | | \$ |

Name: _____ Phone #: _____

Westport Resident? ____ Yes ____ No Date: _____

*Email address: _____

**Required for all online classes*

Would you like to subscribe to our weekly Constant Contact listing upcoming events via e-mail?
 ____ Yes ____ No ____ Already registered

POLICIES AND PROCEDURES

Attending Programs at the WCSA

Any person who is 60 years or older may join the WCSA regardless of where they reside. A membership fee is not required. All new participants are required to complete an Intake Form with their name, address, birth date, email, phone numbers and emergency contact information in order to be added to our database. Participants must pre-register for all programs/classes/events prior to attending, including our daily lunches. Programs with a fee must be paid prior to the start of the program. **A waiver must be signed to participate in any class at the WCSA.**

All participants will receive a key tag with a number and barcode on the back that is unique to them. Participants are required to check in using their key tag at the computer kiosks in the lobby each time they enter the building. In addition, participants may use the number on the back of the key tag to create a MyActiveCenter account. Instructions for how to register online can be found on page 2. Classes have limited space and Westport residents are given first priority to register one week prior to out-of-town residents.

The WCSA is a recreation/activity center. Individuals must be able to participate independently, with the ability to communicate and carry out directions, maintain proper personal hygiene, and navigate the WCSA safely. If not, an aide or caregiver must accompany them to the WCSA. Our program staff will be happy to meet with the senior and their family/caregivers to advise them on appropriate programs.

WCSA Refund Policy

If a participant wishes to drop out of a class, the WCSA will offer a **credit** to their account and pro-rate it for the classes they did not attend. A **refund** will only be given if an individual has a doctor's note stating they are physically unable to participate in the program. If the WCSA cancels a program due to low registration or any other issue, the participant can request a credit or refund. Please note: refunds can take up to four weeks for processing. **Changing or switching classes will not be allowed after the second class has met.**

